# Triple Herbal Treasures

The **Triple Herbal Treasures** are a critical piece of the LongevityNOW Program. The Triple Herbal Treasures are a combination of three herbs well-tried, well-tested, well- known, and time-proven to help remove certain "unwanted guests" from our bodies. These "unwanted guests" are a burden to our immune system and undermine both our health and vitality. We need to get them out of our body as quickly and safely as possible. The Triple Herbal Treasures are the most powerful way to do this.

The three herbs that make up the "treasures" are

- Wormwood
- Cloves
- Black Walnut

The Triple Herbal Treasures act against the unwanted guests sitting in the digestive tract. These unwanted guests may be continually producing viruses and creating conditions for nanobacteria and other calcifiers to flourish. These unwanted guests keep the immune system chronically suppressed. When the immune system is in a constant state of overdrive, it is unable to function effectively and keep the body running at an optimal state.

Unwanted guests usually increase with increasing calcification. Viruses love bad calcium. Usually bad bacteria are found on top of viruses and bad calcium, which attract fungi. This fungi then creates an environment friendly to unwanted guests that have entered the body through contaminated water sources, foods, people, and/or animals. These unwanted, opportunistic guests and their friends are part of a chain reaction of decay and destruction. It is imperative to get them all out.

What makes the LongevityNOW Program unique is that it addresses the removal of unwanted guests as well as focuses on wiping out bad calcium and insidious and tenacious calcium-forming organisms within the body. The LongevityNOW Program is able to accomplish this because we go to the root cause of the problem: calcium-forming organisms and bad calcium. This bad calcium is what allowed the viral load to develop in the first place because the bad calcium fosters a breeding ground for decay organisms. When calcium-forming organisms are eliminated and our viral load drops, all of the other larger unwanted guests lose their foothold.

The Triple Herbal Treasures are a critical component to success on the LongevityNOW Program. We add in the Triple Herbal Treasures for 100 days to kill both the unwanted guests and their second-generation eggs. Generally, their lifecycle is 90 days, therefore by continuing to take these herbs for 100 days, the unwanted guests will be inhibited in their ability to reproduce and survive. As long as these freeloaders are still in our system, our immunity will remain compromised and therefore, it will be easier to become sick and suffer from colds and flus. This is a truth that must be told —from my personal experience after having evacuated these unwanted guests from my system, I feel it is imperative to inform you of the transformation in my immune system. This transformation is so significant it has now become impossible for me to become sick; that means no flus, coughs, colds, etc. under any stresses or circumstances.

The fact that most people have unwanted guests in their body is not something that is widely heard and recognized in the mainstream health "news". When, for example, a dog gets sick, there is no hesitation to diagnose it with parasites; however, when a human's health is compromised, that is usually the last thing suspected. As unpleasant as it is to imagine, the vast majority of us have unwanted guests in our system. It is a reality that we must address now in order to move forward with having the best health ever.

According to Dr. Hulda Clark, almost every variety of commercial meat available is loaded with unwanted guests of numerous types. Cooking does not destroy calcium-forming organisms present in the meat. Unwanted guests are also present in tainted water sources (e.g. giarrdhea), in our pets, our family, and friends. Unwanted guests are always looking for a warm home. They thrive in an unhealthy body as they feed on excessive toxicity. They particularly enjoy cooked starch, sugar, and decaying cooked animal byproducts. When the body becomes so weakened from a toxic lifestyle, the unwanted guests will breach the digestive tract and enter the internal organs of the body. This is when major health problems arise.

An effective strategy to stop any more calcium-forming organisms and/or other unwanted guests from coming into our bodies is to avoid all factory-farmed meat, fish, and fowl products and potentially contaminated water sources. Avoid kissing your pets or putting your hand to your mouth after being licked by your pet. Be aware that you can pick up unwanted guests from people as well.

I believe that the highest concentrations of bad calcium and calcium-forming organisms are found in well or tap water containing calcium (this will leave scale) — any water filter system must remove calcium for the water to be safe. Any factory-farmed animals that consume well or tap water become (like us) contaminated with bad calcium and calcium-forming organisms. If we eat these animals they are transferred to us (even if cooked) as calcium-forming organisms are extremophiles and can withstand high heat. In general, free-range animals usually consume higher quality water and therefore are safer to consume.

Adopting a well-balanced, mineral-rich, plant-based diet (see the "Diet Connection") in conjunction with the LongevityNOW Program is critical. We can also take special care to send "spicy" foods through the digestive tract regularly, such as garlic, onions, hot peppers (cayenne), ginger, and radishes in order to help eliminate these critters. These foods may be mixed into juices, salads, blended foods, or eaten whole with raw plant fats, such as avocados. Colonics will also help flush unwanted guests out of the system (see "Colonics").

# Let's take a closer look at each component of the Triple Herbal Treasures:

## **Cloves**

Cloves are one of the most antibacterial spices in the world. Cloves are a very popular and delicious aromatic flower that come from a tree indigenous to Asia. They help remove unwanted guests in the intestines by killing their eggs. It has also been suspected that clove kills the "de-shelled" nanobacteria inside the body. Cloves can be easily crushed and added to all sorts of drinks and smoothies to enhance the flavor. Clove extracts or alcohol tinctures do not produce the same results as the powdered form of the whole herb.

Cloves have also been known to promote the following:

- · Eliminate nausea
- Expel gas from the stomach or bowel
- · Act as a powerful antiseptic
- Soothe toothaches and gum pain
- Provide nutrients to the body including manganese, omega-3 fatty acids, and Vitamin K
- Reduce inflammation
- Increase sexual function
- Destroy candida
- Fight acne
- Aid in digestion
- · Treat cuts and bites in the form of a poultice

NOTE: Cloves should not be taken if you are on anticoagulant or antiplatelet drugs, nor should pregnant women use cloves.

## **Cloves Dosages**

- · Low Intensity: 100-200mg, once a day
- Medium Intensity: 200-500mg, once a day
- High Intensity: 500-1000mg, once a day

#### Wormwood

**Wormwood** is a very common genus of the plant type Artemisia. It is a powerful herb containing very strong medicinal compounds. This herb is extraordinarily effective at removing unwanted guests within the body—hence the name wormwood. Because its effects are so profound, the FDA has regulated this herb as toxic in concentrated forms. However, these claims have yet to be proven and the fact still stands that wormwood has been safely used medicinally for over two thousand years.

Wormwood has been known to promote the following:

- · Treats liver, gall bladder, and stomach ailments
- · Expels unwanted guests from the intestines
- · Stimulates the digestive process
- · Increases digestive enzymes
- · Used as an antiseptic, antispasmodic, and mild anti-infective
- · Promotes the discharge of bile from the liver
- · Helps to expel gas from the stomach or the bowel
- · Improves blood circulation
- · Relieves symptoms related to menstruation
- Treats candida
- · Helps with arthritis, bruises, and sprains
- · Repels insects, moths, and fleas

NOTE: Wormwood essential oil is toxic when ingested internally. Also, people with stomach problems, liver challenges, or intestinal ulcers should not use wormwood, neither should pregnant women.

#### Recommended Use

We recommend taking wormwood in a powder form because there are some mechanical cleansing properties that are active in the powder that directly alter the living environment of unwanted guests. Basically, unwanted guests consume the wormwood powder and are poisoned by it. A wormwood alcohol extract does not produce that same effect because the extract never makes it into the lower intestine.

#### **Wormwood Dosages**

- · Low Intensity: 50-100mg, once a day
- Medium Intensity: 100-250mg, once a day
- High Intensity: 250-500mg, once a day

# Black Walnut

Walnuts are actually fruits, the nut itself is the seed of the fruit, and the flesh of the fruit is called the walnut hull. The walnut hull turns from green to black as the walnut ripens. Black walnut hull kills the adult and developmental stages of at least 100 different types of unwanted guests.

When taken internally, black walnut hull (and walnut leaf) remove toxins and unwanted guests from the blood, lymph, liver, kidneys, brain, heart, and intestinal tract. Black walnut is also helpful in treating fungal infections. When extracted and applied topically black walnut has been known to speed the healing of eczema, herpes, psoriasis, and other skin conditions.

Black walnut also promotes the following:

- · Reduces constipation
- · Heals acne and canker sores
- · Alleviates jock itch, ringworm, athlete's foot, and other fungi that attack the body
- · Lowers levels of harmful cholesterol and lowers risk of heart attack
- · Lowers high blood pressure
- · Cleanses and detoxifies the body
- · Assists the immune system in fighting cancerous tumors
- Black walnut trees planted in your yard will help control your weeds the same properties that make it anti-fungal and anti-parasitic also act as an herbicide

#### Recommended Use

Both the hull and the leaf taste reasonably good. When the black walnut hull and/or leaf powders move through our lower bowels, they act as toxic compounds that directly poison unwanted guests. It is critical that the black walnut reaches deep inside our gut — alcohol extracts lack the ability to accomplish this.

## **Black Walnut Dosages**

· Low Intensity: 100-200mg, once a day

Medium Intensity: 200-500mg, once a day

· High Intensity: 500-1000mg, once a day